

## Spitting up

- Spitting up small amounts of food or liquid during, or shortly after feedings is normal.
- Spitting up usually ends by the time a baby is 6-8 months old.
- Some babies will spit up more often when they are teething.
- If your baby is growing normally, you know she is getting enough to eat.

## The following things can help manage spitting up:

### All Babies:

- Stop the feeding at the first sign of fullness. The signs of being full include turning away from the nipple, fussing or crying, biting the nipple, or seeming more interested in what is going on around her than in eating. Overfeeding can cause spitting up.
- Do not move or bounce your baby around much during or right after a feeding.
- Hold the baby upright for 10-15 minutes after the feeding.

### For Breastfed Babies:

- Breastfed babies tend to have fewer problems with spitting up than formula fed babies. Mother's milk flow, medications or introduction of foods, formula or vitamins are possible causes. Please contact your doctor or WIC Breastfeeding Counselor if you have concerns.

### For Formula Fed Babies:

- Hold your baby in a slightly reclined, sitting position when feeding. Babies who are fed in a lying down position are more likely to spit up.
- Burp you baby several times during the feeding. Rubbing the back from waist to shoulder works better than patting.
- Check the nipple size on the bottle. Too large or too small a hole can cause spitting up. A rate of 20 drops per minute seems to work best.

## Call your doctor if:

- Your baby throws up between feedings every day.
- He vomits an entire meal every day.
- He has projectile vomiting.
- He has poor weight gain
- He loses weight.

Treatment for these conditions may include special positioning for the baby after eating, thickened feedings, medication, or surgery.

